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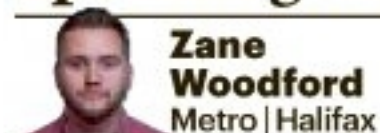
Your essential daily news | THURSDAY, NOVEMBER 17, 2016

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## Trump talk in Halifax

### INTERNATIONAL SECURITY

#### The Donald's foreign policy 'top of mind' for upcoming forum



**Zane  
Woodford**  
Metro | Halifax

There will be no avoiding the Republican elephant in the room at this weekend's Halifax International Security Forum.

Delegates from all over the world are descending on Halifax for the forum, and Janice Stein, the founding director of the Munk School of Global Affairs at the University of Toronto and a program advisor this weekend, said in an interview that they'll all be talking about one thing.

"For them, whatever else they're worrying about, top of mind right now is what will Donald Trump's foreign policy be? What will his security policy be? Will it be disruptive of the existing order? Are we going to see more change than we are going to see continuity? And of course, it's so early in the game, so early in the transition, there are no announcements yet — secretaries of defence, secretaries of state — that people are just reading the tea leaves," she said.

Among the delegates coming this weekend are Canadian Minister of National Defence Harjit Sajjan, UK Secretary of State for Defence Jean-Yves Le Dria, and a bi-partisan delegation from both the United States House and Senate that includes Republican Senator John McCain and Democratic Senator — and 2016 vice presidential candidate — Tim Kaine.

"I imagine these will be the most sought-after people at the forum," Stein said of that delegation. "People will want help interpreting what they're reading."

Stein said anyone who claims to know what Trump's foreign policy might look like is purely speculating, given the President-elect's complete lack of government experience or track record, but guesses from some of those U.S. delegates may be somewhat more informed.

"To some degree, there are going to be members of that delegation who know him, who've been up to the hill since he was elected. People have had an opportunity to have conversations with him, so they will be better informed," she said.

While Trump will be top of mind, there is a wide range of other topics on the agenda this weekend in panels on and off the record, including Make Democracy Great Again, Russia: Putin's the Block Back Together, and Because Syria: I'm Your Friendly Neighbourhood Terrorist.



**President-elect  
Donald Trump**  
THE ASSOCIATED PRESS



**Sen. John McCain**  
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# Surplus properties sit idle

## DEVELOPMENT

### Metro looks at vacant space and how much it costs the HRM



**Jen Taplin**  
For Metro | Halifax

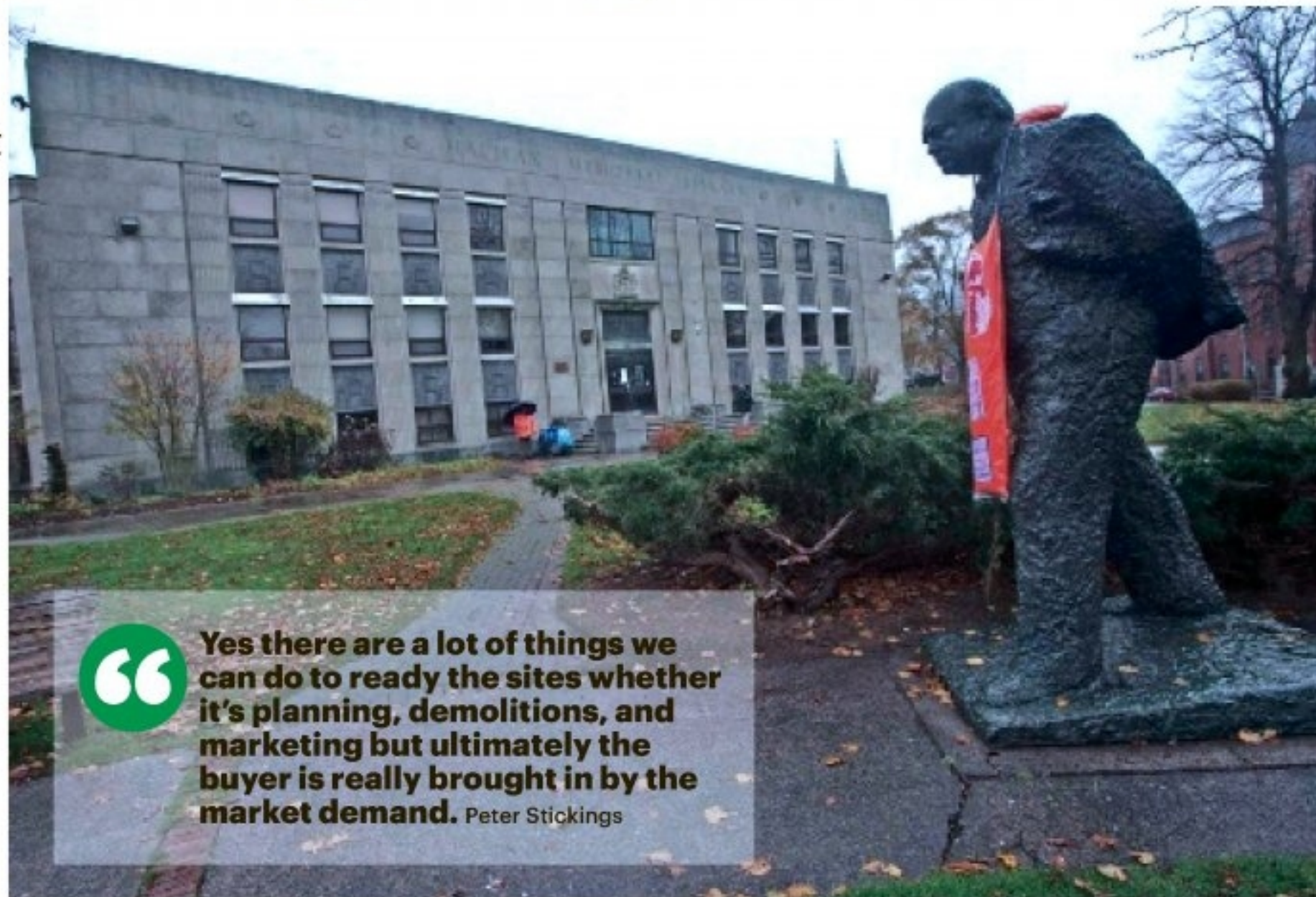
Winston Churchill is pacing, wondering and waiting what will happen to the gray monolith behind him.

The former Spring Garden Road Memorial Library shut its doors in the summer of 2014 to make way for the architectural marvel across the street.

Since the original land grants between the city and the province specified it must be used for a park (and later amended to include the library), HRM is in the process of transferring it back to the province. In the meantime it costs the city about \$135,000 a year to keep it running.

Peter Stickings, HRM's acting director of operations support, said it's his understanding its future use might be connected to Dalhousie University.

"It's tying in with some of the things you're seeing that are going on with respect to the Dal campus and the idea building and some of the cluster of the education incubator model, and some of the things



**“Yes there are a lot of things we can do to ready the sites whether it's planning, demolitions, and marketing but ultimately the buyer is really brought in by the market demand.”** Peter Stickings

The former Halifax Memorial Library costs the city about \$135,000 a year to keep running. JEFF HARPER/METRO

Dalhousie has been announcing over the past few weeks," Stickings said.

A spokesperson at Dalhousie didn't want to comment, but earlier this month the univer-

sity's president Richard Florizone announced a partnership called ideaHUB for downtown Halifax that includes a \$64-million revitalization of the Sexton Campus.

Brian Taylor, spokesman for the province's transportation infrastructure renewal department, said it is an important piece of property with a deep history. "The province is in-

terested, but that process is still ongoing. It would be premature to discuss any potential plans for the site before it is in the province's possession." Juanita Spencer, executive

director of the Spring Garden Area Business Association, said they would like it turned into a commercial space.

"It would be a great location for a large anchor tenant, maybe an Apple Store that would appeal to not only those of us who live and work in the area but the many people who shop here everyday," she said.

Whether it takes too long to develop or if government moves too fast to sell, people will always disagree on the best way forward, said local government expert Jack Novack.

Rather than what's taking so long, Novack, who is also a professor at Dalhousie, said the focus should be on the future of those sites, including the former library.

"I have my own romantic view of that being a place for our council chambers," he said.

"There has to be a happy medium between thinking these things through, looking at the alternatives, consulting the public, and swift careless action."

## What's going on with other vacant properties across the city

HRM has several vacant properties on hold and for sale. Many of them are vacant lots but some of them are buildings.

Here is what's happening with other vacant properties and how much HRM spends a year to keep them going until they are sold, demolished or transferred.

### 90 Alderney Dr. — \$90,000

The 40-year-old former city of Dartmouth city hall, is under agreement and is on track to close by late February or March.

Peter Stickings, acting director of operations support, said he can't name the purchaser until the sale is closed, but did say all interested parties wanted to repurpose the building, perhaps with an addition, instead of demolish it. "It's an attractive waterfront site with a development renaissance with Kings Wharf

and a lot of other development activity," Stickings said. "It's got longer term potential but it's certainly worth some investment in the current building."

### Bloomfield Centre — \$86,000

The future of the massive north end complex has been up in the air for years. A master plan was created in 2009 but more recently the province bailed on purchasing the site. Council then put off making a decision until the Centre Plan is finished.

"It just made some sense we're out there having that conversation with the community just to roll Bloomfield in with the Centre Plan process," Stickings said.

### Fire Stations 51 in Pockwock and 60 in Latter Pond — \$22,000



Bloomfield Centre METRO FILE

The former Upper Hammonds Plains Fire Station No. 51 in Pockwock is recognized as the First Black Volunteer Fire Department in Canada. In 2013 the community expressed interest in turning it into a museum.

The former Latter Pond fire station is in the process of disposal to a community group, Stickings said.

### 3331 Joseph Howe Drive — \$16,000

The municipality bought this bungalow in 2000 for road widening and new intersection.

The owners stayed on as tenants but recently terminated the lease.

### HRM Depot on Cobequid Road — \$15,000

## + SITE REMAINS IN LIMBO

The former St. Pat's high school on Quinpool Road will continue to sit empty for now. It was demolished last fall and public consultations were held in the summer on the future of this large lot of downtown real estate.

Same as Bloomfield, the St. Pat's site was put on hold pending the Centre Plan. "We just proceeded to do some planning work that put in a pretty good position and then they got to the

The former Transportation and Public Works building, empty since April 2014, is now under agreement with a purchaser.



JEFF HARPER/METRO

point where that work and the Centre Plan work was converging," Peter Stickings said. St. Pat's site and Bloomfield could be on the market by late spring or early summer.

### Riverline Activity Centre, Dutch Settlement — \$15,000

At 60 Grono Road, this is a former HRM Centre up for sale.





New side guards have been installed on some HRM trucks, which will create a safer environment for cyclists. CONTRIBUTED

## ROAD SAFETY

## Municipal trucks get side guards installed

City trucks with new side guards are now on Halifax roads and creating a safer environment for cyclists, advocates say.

On Tuesday, the first side guards were installed on HRM vehicles, according to a Halifax Cycling Coalition (HCC) release. The move came in light of the June 21 council vote that mandated side guards be installed on all municipal vehicles by 2022, which the release said affects about 83 vehicles in the fleet.

"This is an incredibly important step for cyclist safety and an initiative Halifax can be proud of," Kelsey Lane, executive director of the HCC, said in the release. "Side guards ... can mean the difference between a cyclist coming home to their family at the end of the day or not."

Side guards are a piece of equipment that prevent a cyclist from falling between the front and rear wheel of a large truck in the case of a collision. The release said it's estimated that half of cyclists' deaths are caused by a vehicle turning right across a biker's path.

The HCC said there have been four cyclist fatalities caused by large vehicles turning right since 2007, including Johanna Dean in 2014 who was killed while riding her bicycle in Dartmouth.

Since then, Johanna's sister Jackie Dean has been a strong voice behind equipping Halifax vehicles with side guards, the release said, "so that a potentially preventable death like that of her sister's will not be repeated."

HALEY RYAN/METRO

# The Wire makes a Halifax connection

## CELEBRITY

## Actor from popular TV show stops by comic shop



Haley Ryan  
Metro | Halifax

Stringer Bell might not have been on the scene, but Clay Davis himself stopped by a Halifax shop this week to check up on a business venture.

Isiah Whitlock Jr., an American actor perhaps best known for his portrayal of smooth-talking, money-laundering state senator R. Clayton "Clay" Davis on *The Wire*, has recently been in Halifax filming *The Mist* and dropped into Strange Adventures on Tuesday.

"I saw his face and went 'oh my God,'" Dave Howlett, manager of the Halifax store, said Wednesday.

"I just kind of dropped whatever I was doing. I was pretty star struck."

Howlett said he knew Whitlock was in *The Mist*, a TV adaptation of Stephen King's novella, but never thought he'd see him in person.

Strange Adventures carries the bobblehead of Whitlock's Clay Davis character (which says lines from the show like his famous "sheeeeeeeit"



Actor Isiah Whitlock Jr. was in Halifax's Strange Adventures on Tuesday. CONTRIBUTED

catchphrase) and backed the Kickstarter for the toy, Howlett said.

Apparently the special effects person on *The Mist* is a Strange Adventures regular and mentioned to Whitlock they were selling the bobbleheads, Howlett said, which led the actor to come by and thank them.

"I ran out back and grabbed the owner of the store ... and said 'I think you're going to want to come out here,'" Howlett said with a laugh.

Although Clay Davis' classic "sheeeeeeeit" line would have been amazing to hear in person, Howlett said he didn't want to push his luck and ask Whitlock to say it.

"He probably gets asked to do it a lot. You don't want to treat somebody like they're a catchphrase-spouting machine — as much as you might be tempted to," Howlett said.

Whitlock was happy to pose for a couple photos, including one with his bobblehead, and "couldn't have been a nicer guy," Howlett said.

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# Evergreen gift of thanks

## CEREMONY

### Annual tree sent to city that helped during 1917 explosion

A broad grin stretched across Dave MacFarlane's face as he climbed into his rig and glanced back at the 14-metre white spruce tree splayed across the back of his flatbed.

The Nova Scotia truck driver tooted his horn and waved to hundreds of onlookers gathered outside Halifax City Hall before setting off on a 1,100-kilometre journey that has been travelled for decades as a way of giving thanks to the people of Boston for their help in the wake of one of the country's deadliest disasters.

MacFarlane said Wednesday it was a "great honour" to be able to deliver the Christmas tree to the New England city, which famously dispatched medical personnel and supplies hours after getting word that the Halifax Explosion killed almost 2,000 people, injured 9,000 and



A firefighter and an RCMP officer wave goodbye to a Nova Scotia Christmas tree as it heads to Boston after a sendoff ceremony on Wednesday. JEFF HARPER/METRO

levelled a Mi'kmaq village when an ammunition ship exploded in the city's harbour on Dec. 6, 1917.

"It's pretty moving," he said, as people snapped selfies in front of the 67-year-old tree. "I'm just glad to be part of it — people ask

us all about the tree and they're really excited."

A large crowd stood under grey, drizzly skies as officials from the States, the province and Halifax gathered for the send off of the tree, which for the first time was harvested in Cape Bre-

ton on Crown-owned land close to the Waycobah First Nation.

Premier Stephen McNeil said the tradition has helped forge close ties with the New England city, which will light the tree during a ceremony on the Boston Common on Dec. 1 that is

expected to draw 30,000 people — with 240,000 more watching live on TV.

"It's about saying thank you and recognizing when this province and this city needed help, the people of Boston — 100 years ago — responded not only with goods, but letting the people of this province know they weren't alone," he said.

Chris Cook, Boston's commissioner of parks and recreation, said the "evergreen gift" will be viewed by hundreds of thousands of people in Boston Common.

"We could not be more grateful to have this reminder of how relationships between countries, between cities should be, can be and will be in the future," he said.

MacFarlane said excitement has grown ever since he began delivering the tree four years ago and starts building as soon as he crosses into Massachusetts.

"People start realizing that it's their tree and they wave, pull over and take pictures of the truck," he said, joking that he gets a slight touch of nerves when he's hauling the special cargo. THE CANADIAN PRESS

## + COSTS

### Premier defends Christmas tree expenses

Nova Scotia's premier defended the costs associated with providing the Boston tree and participating in the ceremony, which the government said was \$234,000 last year.

"I think the value for Nova Scotians far surpasses the amount of money that we spend," Stephen McNeil said Wednesday.

A spokeswoman for Communications Nova Scotia said the fees included the cutting and transportation of the tree, send-off events, staff travel, fees and travel for musicians and two days of activities.

Much of that — about \$116,000 — is spent on "sponsoring the Boston tree lighting event," spokeswoman Tina Thibeau said in an email.

Some in the crowd didn't seem to mind the expense, saying the tree symbolizes an enduring bond between the two maritime cities.

"I think it's great to repay kindness with kindness and it's a nice tradition to keep," said Dan MacCormack.

## HOLIDAYS

### Talking tree stakes its claim at annual community fundraiser



Yvette d'Entremont  
Metro | Halifax

The councillor who brought Sackville's \$25,000 animatronic talking Christmas tree to life may have left, but there's re-leaf the show goes on.

Tinsel the tree caused some controversy when purchased in 2014 by former District 14 Coun. Brad Johns with the district's discretionary funds.

In addition to the price tag, the talking tree raised some eyebrows for being set up in neighbouring District 15 and not where its funds were rooted.

The district's newly elected councillor, Lisa Blackburn, said District 14 has no claim to stake as the talking tree is now a Sackville Kinsmen project.

While she applauds the funds



Tinsel. CONTRIBUTED

and food donated to the local food bank via Tinsel's holiday appearances, Blackburn wishes the tree could have branched out its performances to a community venue located in her district.

"I've always said fundamentally I didn't have a problem with Tinsel. I knew what (the former councillor) was trying to accomplish with it...But it was purchased with money that was designated for District 14, but it wasn't set up in District 14," she said in an interview.

The Kinsmen Club of Sack-

ville's vice president Wade Dooley is also chairperson of the annual Tinsel the Talking Christmas Tree event. He said the tree was presented to the club two years ago for them to deliver the project to the broader community.

Dooley said the club's catchment area does include parts of District 14.

Last year cash and donations to the local food bank from the tree's appearances amounted to \$13,090. Its inaugural appearance in December 2014 netted \$6,700 for the cause.

Dooley said corporate sponsors and widespread community support is helping the event grow every year.

"It's a real community thing and people are actually coming from all over to see it and support the food bank," he said.

## + SCHEDULE

This year's event runs from Dec. 16 to 19 at Acadia Hall in Lower Sackville. The schedule will be posted on Tinsel's Facebook page at Facebook.com/Talkingchristmastree.

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Lisa Blackburn, Councillor



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The Sam Roberts Band recorded the songs for *Terraform* at the Tragically Hip's studio in Kingston, Ont. CONTRIBUTED

# Building a better world with rock

## MUSIC

### Sam Roberts Band back with new album *Terraform*



Zane Woodford  
Metro | Halifax

Sam Roberts first felt like he'd made it when he got a chance to play Halifax.

"My bandmates and a lot of my friends from in and around Montreal who grew up playing in bands in the late 80s and early 90s, we sort of looked at Halifax as a beacon," he said in a recent interview.

"When you get your first chance to play there, it felt like you were finally wading in the same waters."

Well over a decade later, the Sam Roberts Band is back in Halifax this Friday with a new

more earth-like, to be liveable for humans.

"In the context of this record, I think of your own life being its own planet, needing its own sort of care, its own rebuilding, its own reconstruction, its own reimagining, on a daily basis," Roberts said.

"Even a song is a sort of planet in its own right as well. Every time you set out to write music, it's a small act of world creation."

The album was recorded in the Tragically Hip's studio in Kingston, Ont., the Bathhouse. Roberts said the house itself — with "creaky floors and a lot of character" — became almost a member of the band.

"I think, obviously the fact that the Tragically Hip made music in that place, and a lot of other bands have gone through there and left a little bit of their spirit in there in some ways, you just feel like you're participating in a great tradition when you're recording there," he said.

The band enlisted Graham

“Every time you set out to write music, it's a small act of world creation.” Sam Roberts

album.

*Terraform* — Roberts' sixth full-length album, and the third as the Sam Roberts Band — continues a sonic exploration of more electronic-based territory for the band. The title, then, is fitting: terraforming means transforming a planet to be

Walsh of the band Holy F—k to help produce the album, pushing its experimentation and searching for the right sounds for each song, something he called "tone-questing."

That experimenting is all part of the band's goal not to look back — to be aware of its history

## + CHECK IT OUT

The Sam Roberts Band plays the Halifax Forum Multipurpose Centre with local rocker Adam Baldwin Friday night at 8 p.m. Tickets are \$39.99 in advance, and \$44.99 at the door.

without dwelling on it.

"Not to say that we dismiss the things that have helped us get to where we are. But when you sit down and write a record, you have this amazing opportunity, really, to not necessarily reinvent yourself, but really to forge a new path going ahead, and a focus on the future," Roberts said.

"That's where we draw our energy from, is that feeling of something being new, something being unpredictable, something being unwritten."

Not looking back also means relieving Roberts of some of the pressure to pump out the kind of hits — think *Brother Down*, *Where Have All the Good People Gone?* — that gave him his name.

"You just sort of focus on the things you look for in music, and for us, that's melody, and compelling rhythms and words that speak to the human experience at least to some depth," he said.

"It just so happens that if you do it right, it ends up being a song that other people want to hear."

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# Irving defends bid process

## SHIPBUILDING

### Competitors worry about preferential treatment

The multibillion-dollar effort to replace the navy's warship fleet is being buffeted by concerns about a potential conflict of interest involving the Halifax company that is leading the project.

Canada's Irving Shipbuilding and British shipbuilder BAE Systems recently announced they have paired together to bid on a \$5-billion maintenance and support contract for the navy's new Arctic patrol vessels and resupply ships.

But BAE is also expected to enter its Type 26 frigate into a competition being run by Irving, in conjunction with the Defence Department, to select the warship design to replace the navy's 12 frigates and three destroyers.

Irving will ultimately build the vessels.

Irving and the federal government say measures have been taken to ensure full transpar-



The Halifax Shipyard. THE CANADIAN PRESS

ency and fairness around the warship project, which previous estimates have pegged at as much as \$40 billion.

The warship project "is being conducted in such a way that ensures that all bidders are treated equally, with no unfair advantage given to any individual bidder,"

## \$26-40B

**Price tag:** Estimates have put the budget between \$26 billion and \$40 billion for 15 ships.

Irving spokesman Sean Lewis said in an email.

Part of that has involved Irving and BAE putting safeguards in place to avoid any conflict, Lewis said, including the creation of separate teams for the maintenance contract and warship design competitions.

"All members of both teams, as well as senior management at both Irving Shipbuilding and BAE, have been thoroughly briefed on these measures and the government of Canada has been made aware," Lewis said.

Defence Minister Harjit Sajjan said Tuesday that the government has worked hard to make sure the process for selecting the next ship design is open, transparent and "done in a manner that is fair for all."

Some of BAE's competitors had already been grumbling about the Type 26 being allowed to compete given that the ship has never actually been constructed, as well as Irving's role in selecting a design.

The announced partnership between BAE and Irving for the maintenance contract ratcheted those complaints to higher levels on Tuesday.

Several industry representatives, speaking on the sidelines of an aerospace conference in Ottawa, worried Irving would give BAE and the Type 26 preferential treatment during the design competition because of their existing relationship.

THE CANADIAN PRESS

## SEX ASSAULT

### Officer facing charges

A naval reserve officer in Windsor, Ont., has been charged in an alleged sexual assault in Halifax.

The Department of National Defence says it happened in April while the officer was attending a course at Naval Fleet School (Atlantic).

It says the alleged victim was also taking part in the course.

Ordinary Seaman Andres Florian-Rodriguez is charged with sexual assault.

Last week a member of the armed forces was charged with accessing child pornography while on duty at New Brunswick's Gagetown military base.

Two members of the Canadian Forces in Halifax were also charged with sexual assault in September. The military says both were taking part in training exercises, as were the alleged victims.

Military police charged 15 service members with sexual offences during the first six months of 2016, according to a report released by the military in August.

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**CHARITY CLASSIFIED AND MARGARET TRUDEAU ON BILL FOR WE DAY EVENT IN HALIFAX**  
Local hip hop artist Classified, pictured, and the mother of the prime minister Margaret Trudeau will be among the performers taking the stage for the WE day event in Halifax later this month. The inspirational event for youth on Nov. 30 at the Scotiabank Centre is also expecting speakers that include author Joseph Boyden and humanitarian Romeo Dallaire. WE day describes itself as "a movement that brings people together and gives them the tools to change the world," while celebrating actions on issues such as homelessness and poverty. METRO FILE PHOTO

# Opposition queries long-term care cuts

HEALTH

## Critics worried \$8.2M budget trim could affect services

Three long-term care homes are "working with" Nova Scotia's Health Department to meet a required one-per-cent budget cut, the deputy health minister told a legislature committee Wednesday.

Dr. Peter Vaughan said an \$8.2-million provincial funding cut over two years will affect 103 out of 134 long-term care facilities, most of them nursing homes for the extremely aged.

"We appreciate not all, especially smaller, facilities have

been able to meet the challenge of the one per cent easily. We're listening to what the sector is saying and we're working with them as best we can," he told the public accounts committee.

"I think there's three homes we've been working to try and look at what we can do with them," he said.

Tim Houston, a Progressive Conservative critic, said he's worried about homes that are having difficulty meeting the one per cent cuts without harming services. "They're trying to care for vulnerable Nova Scotians," he said.

Dave Wilson, an NDP member of the committee, said during the hearing he has difficulty understanding why the cutbacks had to be passed on to the front-line caregivers

# 103

Number of long-term care facilities, out of a total of 134 in Nova Scotia, that will be affected by the cuts.

already struggling to meet needs.

Vaughan said the cuts depended on which homes had contracts with the province that permit budget reductions.

He also said simply adding more staff won't solve some of the issues of care at the long-term homes, including the auditor general's concerns over the number of inspectors.

"Nobody likes a one per cent reduction. That's what change is. Change is difficult. Yes, there are those who don't want to reduce and those who would like to see us back away from that. We haven't backed away from that."

THE CANADIAN PRESS



We're listening to what the sector is saying and we're working with them as best we can.

Dr. Peter Vaughan on the future of long-term care facilities.



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# Grégoire-Trudeau pushes gender equality in Cuba

## EMPOWERMENT

### PM's wife says strong men need to teach boys to respect women

Prime Minister Justin Trudeau's mother Margaret charmed Cubans when she brought her infant son Michel there 40 years ago. It forged lasting family ties between Cuba and the Trudeau family.

A generation later, Trudeau's own wife followed Margaret's steps, but came without her kids, charmed with fluent Spanish and delivered a message of support for gender equality.

Sophie Grégoire-Trudeau said that in countries where the culture is one of "machismo," strong men need to stand up and teach boys to respect women.

She spoke to an audience of mostly women at San Geronimo University in old Havana, among them filmmakers, artists and small-business people,



Sophie Grégoire-Trudeau speaks at a panel discussion on gender equality at the University of San Geronimo in Havana on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

urging them to "speak up" and tell their stories.

Though she speaks fluent Spanish, Grégoire-Trudeau

switched to English, and spoke without notes as a translator tried to keep up.

"The hardest thing to change

in a society is what is considered normal. Is it normal to work, to have babies, be in charge of the household, be caring for aging parents and family members or loved ones? Is it normal to have all those responsibilities on our shoulders? Is it normal to face the daily language of violence towards our bodies, our minds our hearts?" she asked.

"Our boys need to look up at older people around them, especially male figures, to be able to express their full potential and person but that is only possible if they are raised in a culture that celebrates men and women with the same equal rights freedoms and respects."

"In cultures where machismo is very present, we are reminded by amazing men" that many of them are wise, open and capable of loving and respecting women, she said.

"They should be encouraged at a very young age to develop these qualities and this will have an impact on society at large."

TORSTAR NEWS SERVICE

## DIPLOMACY

### PM attempts to calm fears of U.S. election

Prime Minister Justin Trudeau told a group of Cuban students today that he won't change Canada's stance on Cuba, even though his views are at odds with the man set to lead Canada's biggest trading partner.

When asked about the U.S. embargo on Cuba, the election of Donald Trump and concerns about the future of Canada-Cuba relations, Trudeau tried to calm students in his audience.

The front row also held an unexpected guest: Cuban President Raul Castro.

"For me, election results in the United States won't change the strong relationship that is

a friendship and a partnership between Canada and Cuba," Trudeau said.

Trudeau said Canada doesn't see a contradiction or issue with being a steadfast and unflinching friend to Cuba and being an ally of the United States. He said the foreign affairs stance is one way Canadians reassure themselves "that we are our own country, that we make our own choices."

"We disagree with the approach the United States has taken with Cuba. We think that our approach is much better — of partnership, of collaboration, of engagement," he said.

THE CANADIAN PRESS



Justin Trudeau and Raul Castro shake hands after an event at the University of Havana on Wednesday. SEAN KILPATRICK/THE ASSOCIATED PRESS

## COMMERCE

### Canada, Mexico talked future of trade

Canada and Mexico reached out to each other while preparing similar public messages last week about being willing to engage U.S. president-elect Donald Trump in discussing amendments to the North American Free Trade Agreement.

Sources say the two governments spoke by phone before Canada made its sudden announcement about NAFTA the day after the U.S. election — comments later

followed by a similar statement from Mexico.

Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto also spoke later in the week, after representatives of their respective governments kept each other abreast of their intentions.

"I don't think anyone (in Mexico) was surprised (by our announcement)," one Canadian official said.

The day after Trump's elec-

tion stunner, the Canadian government said it was ready to talk trade. U.S. ambassador David MacNaughton said every agreement can be improved, so Canada is ready to come to the table with ideas. He even suggested a possible change: adding softwood lumber to the agreement, so that the countries don't continue re-litigating the issue every few years.

Softwood is on the list of things Trump might want ad-

justed in NAFTA, according to a purported transition memo obtained by CNN.

Other issues on the list include currency manipulation, country-of-origin labelling and environmental and safety standards, the memo reportedly says. It also says that on Day 1 of his presidency, according to CNN, Trump will inform Canada and Mexico of his intention to change NAFTA or have it cancelled.

THE CANADIAN PRESS

## IRAQ

### Canadian hospital to treat Daesh fighters

Canada's top soldier says a Canadian Forces hospital is now up and running in northern Iraq and ready to treat anyone who is brought to it — including Daesh fighters.

Canada promised the hospital in July in advance of the Iraqi military offensive to retake Iraq's second-largest city, Mosul, but it was still not in place when the attack began last month and Canada blamed the Iraqi government for

the delay.

Chief of Defence Staff Gen. Jonathan Vance said this week that the medical facility, which includes three surgeons, started operations in the last few days and will provide medical support to anyone injured, including civilians and enemy combatants.

"We would never deny medical support to any casualty on a battlefield," Vance said.

THE CANADIAN PRESS

## FUNDING

### Feds approve \$25M for Palestinian agency



Marie-Claude Bibeau  
THE CANADIAN PRESS

The federal Liberals are providing \$25 million to a UN relief agency for Palestinian refugees that was cut off by the previous Conservative government for alleged ties to Hamas.

International Development Minister Marie-Claude Bibeau made the announcement at a news conference and also during question period in the House of Commons — news that was greeted by cries of "shame" from the opposition benches.

The United Nations Relief and Works Agency for Palestine Refugees, also known as UNRWA, lost federal funding in 2010 amid allegations it was tied too closely to Hamas, considered a terrorist or-

ganization by Canada and others. Bibeau says \$20 million will go support education, health and social services for millions of vulnerable Palestinian refugees, as well as urgent humanitarian assistance.

**Millions of Palestinian refugees across the Middle East have the right to receive basic services.**

Minister Marie-Claude Bibeau

An additional \$5 million is being provided in response to the agency's appeal for help for those impacted by the crisis in Syria and its environs.

"I'm horrified," said Conservative foreign affairs critic Peter Kent, who said there is ample proof that "massive amounts" of UN aid have been redirected to support Palestinian military efforts against Israel.

"Millions of Palestinian refugees across the Middle East have the right to receive basic services such as health care and to send their children to school," Bibeau said. THE CANADIAN PRESS

## CANADA NEWS

### Three people found dead of possible fentanyl overdose

Police in Winnipeg say three people who died of a drug overdose may be victims of fentanyl. Police found bodies of one man and two women inside a home Wednesday, along with a white powder, which police suspect may be fentanyl. THE CANADIAN PRESS

### Qila the beluga whale dies

The first beluga whale born in captivity in Canada has died at the Vancouver Aquarium. The facility said 21-year-old Qila's sudden death Monday has left her

mother Aurora adjusting to the change. "We will miss her immensely," the aquarium said in a statement.

THE CANADIAN PRESS

### Suicide attack thwarted by Canadian forces in Iraq

Canadian troops destroyed three explosive-laden vehicles with missiles, senior military officials revealed Wednesday. Maj.-Gen. Mike Rouleau, commander of Canadian Special Forces Operations, said the suicide vehicles charging Kurdish lines could have caused "mayhem." THE CANADIAN PRESS



# Gender parity is just good business, corporations say

**CANDIDATES**  
**List has 50 'ready to go'**

**DIVERSITY**

**Female board members aren't so difficult to find: Expert**



**Ryan Tumilty**  
Metro | Ottawa

Private corporations that have achieved gender diversity say the change isn't just good for society, it's good for business.

Pamela Jeffery, founder of the Pamela Jeffery Group, which recruits women for seats on private sector boards, said companies find a whole new perspective they have been missing when they broaden their search.

"They are not part of the traditional network, so they are probably coming onto a board and don't know the others at the table," she said. "They come in and they ask the tough questions."

As Metro has reported this week, Canada's Crown corporations, whose board of directors are appointed by the federal cabinet, reveal that about 34 per cent of those seats are now occupied by women.

Jeffery said that's actually a much better representation than is typical on private sector boards.

She points to a survey last year from the Canadian Board Diversity Council that showed about 19.5 per cent of the seats on the boards of the FP 500 are held by women.

"That is a very strong showing and I think it's one that is very important," she said. "The private sector is looking to government to take a leadership role."

Jeffery said there is a wide array of women able to serve on boards when companies decide to make a deliberate effort to diversify.

"It's not a question of supply — it is a question of demand," she said.

"There are many women who have the skills, the experience, the credentials to serve on boards who are not currently serving on boards."

Gail St. Germain, head of human resources and an executive vice-president with HSBC Canada, said the company believes its gender-neutral board



**Pamela Jeffery**, who specializes in finding qualified women for seats on private sector boards, says there are many women who have the skills, experience and credentials necessary to serve at the top levels of corporations. EDUARDO LIMA/METRO

**"They come in and they ask the tough questions."**

Pamela Jeffery, on recruiting female executives

## WHAT YOU CAN DO



The federal cabinet appoints new directors to Crown corporation boards when positions open up. You can advocate for more diversity by contacting your MP and with the hashtag **#WomenOnBoards**.

is a tremendous asset.

"We know that diversity in business makes good business," she said. "It's important to represent the communities in which we serve."

The company's current president and CEO, Sandra Stu-

art, was a board member in 2010. St. Germain said at that time the board was 20 per cent women, but it has changed dramatically over the years.

St. Germain said diverse board members bring different ideas to the table and that

helps expand the conversation.

"The diversity of thought and the depth of conversation really takes an outcome to a much more positive and balanced approach," she said.

Jeffery said an organization that wants to make change, including a Crown corporation, has to be willing to look further afield for board members.

She said simply asking for recommendations from the existing board won't work.

"Most board members are male and since most of those board members do not have strong networks that include women it self perpetuates."

## ABOUT THIS SERIES

**THIS WEEK** Metro looked at the Crown corporations that the federal government oversees, which **our analysis shows are overwhelmingly male.**

Many of these Crown corporations have huge influence on the lives of Canadians, from the interest rates they pay banks, to mail delivery to airport security.

If private boards or Crown corporations are looking to diversify their ranks, there are 50 highly qualified candidates to which they could look, according to a new report.

The Canadian Board Diversity Council released its Diversity 50 list Thursday, which aims to identify 50 qualified professionals that could be added to corporate boards.

Sherri Stevens, the council's owner and CEO, said it's a way to show corporations that the people they need are out there and ready to go.

She said when the group first started talking about the problem they found people needed help looking further afield to find good directors.

"The key issue they kept coming back to was that Canada needed a way of finding potential new directors who weren't in the existing directors' personal and professional networks," she said in an email.

The committee that has been developing the list annually since 2011 looks for people with previous board work and international experience.

Stevens said this year they got an overwhelming response from applicants interested in being on the list.

"Our vision is to expand the awareness of Canada's talent pool, ensuring companies get the most-qualified directors that will make them more globally competitive. The boardrooms in Canada should look like Canada," she said.

The council's last survey in 2015 showed that 19.5 per cent of seats on corporate boards are currently occupied by women. A Metro analysis of Crown corporations showed a slightly higher number, at 34 per cent.

Stevens said it's not just about diversity, either. It's about a company's bottom line.

"Research shows that organizations with diverse leadership teams outperform those without, so working toward such a goal isn't just the 'right' thing to do — it's the smart thing, too."

RYAN TUMILTY/METRO OTTAWA

**"The boardrooms in Canada should look like Canada."**

Sherri Stevens



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World metro NEWS

## Obama makes a plea on final trip

POLITICS

### President urges the world never to give in to isolationism

Standing in democracy's birthplace, President Barack Obama on Wednesday issued a parting plea to world leaders not to let the fear of globalization tugging at Europe and the U.S. pull them away from their core democratic values. He argued it wasn't too late for a course correction.

On his last foreign trip as president, Obama has repeatedly tried to draw lessons from Donald Trump's victory in the U.S. presidential election, hoping it can serve as wakeup call in the U.S. and abroad. Conceding that many feel left behind by globalization, Obama said there was an understandable impulse toward isolationism and that if people feel their futures are at risk, "they'll push back."

"People have to know that they're being heard," Obama



President Barack Obama walks from the Parthenon during a tour of the Acropolis on Wednesday in Athens. THE ASSOCIATED PRESS

said in a speech to the Greek people in Athens. But, he added, "We can't look backward for answers. We have to look forward."

While fewer people in the U.S. are looking to Obama for direction now that his successor has been chosen and his agenda largely rebuked, Obama has retained significant clout abroad. His message Wednesday appeared aimed at other world leaders facing pressures of nationalist movements and economic anxiety, exemplified by Britain's recent vote to leave the European Union.

THE ASSOCIATED PRESS

### + HONOURS

**Obama plans to honour 21 with the Presidential Medal of Freedom, on Tuesday:**

Robert DeNiro, Cicely Tyson, Tom Hanks, Robert Redford, Kareem Abdul-Jabbar, Michael Jordan, Vin Scully, Ellen DeGeneres, Diana Ross, Bruce Springsteen, Bill and Melinda Gates, Richard Garwin, Frank Gehry, Maya Lin, Lorne Michaels, Newt Minow, Margaret H. Hamilton, Eduardo Padron, Elouise Cobell and Grace Hopper.

### IN BRIEF

**'Post-truth' is named word of the year by Oxford**

Oxford dictionary editors have chosen their word of the year: "post-truth," a term sometimes used to describe the current political climate.

Oxford Dictionaries said Wednesday that use of the term rose 2,000 per cent between 2015 and 2016.

Runners-up for 2016 include "Brexit" and "alt-right." THE ASSOCIATED PRESS

**56-year-old astronaut will be the oldest woman in orbit**

NASA astronaut Peggy Whitson is on the verge of becoming the oldest woman in space, adding to her long list of barrier-breaking records.

Whitson will be 56 when she rockets off the planet Thursday. She'll celebrate her 57th birthday in February on the International Space Station. THE ASSOCIATED PRESS



Peggy Whitson AP



Left: Tom Hanks urged calm about a Trump presidency. Right: Midwestern State University students march in protest of Trump. THE ASSOCIATED PRESS



### Donald Digest A roundup of news about the president-elect

**It's all smooth sailing**

Trump and his team on Wednesday vigorously rejected charges of turmoil and infighting roiling efforts to set up his White House teams, saying the enormous endeavour was proceeding "so smoothly." AP

**The gold standard**

A backlash is brewing against Trump's daughter Ivanka because a \$10,800 accessory her fashion company makes was turned into marketing fodder a day after she sported a version of the piece on



60 Minutes. TORSTAR

**Hanks a lot, Tom**

During an acceptance speech for a tribute to his career on Tuesday, Tom Hanks offered a simple post-election message: "We are going to be all right," he said. "America has been in worse places than we are at right now." TORSTAR

**Students still riled up**

College students at campuses around the U.S. rallied Wednesday, urging administrators to protect students and employees against immigration action under a Trump presidency. AP





## BOB HEPBURN ON THE FRONT-RUNNING TORY



### Leitch's coded appeals to religious and ethnic division raise questions about whether she is fit to lead a country of diversity, multiculturalism and tolerance.

Kellie Leitch's campaign for the federal Conservative leadership grows stranger and stranger seemingly with each passing day.

In the past week alone, Leitch has voiced high praise for Donald Trump and his U.S. presidential victory, lost the endorsement of several high-profile Tories who previously supported her, bashed "elites" while hitting them up for donations, dodged questions about whether she fears racists will be backing her and dealt with an odd alleged break-and-enter at her home that her campaign manager suggests might be politically motivated.

So far, though, it's all working for Leitch. She's leading the crowded leadership contest according to one poll and has raised more money to date than any of her opponents.

But her campaign, with its coded appeals to religious and ethnic division, raises serious questions about whether Leitch is best suited to lead the Conservatives — and more importantly, whether she is fit to lead a country that prides itself on diversity, multiculturalism and tolerance.

Evidence that Leitch's campaign is growing more strident — and more bizarre — keeps mounting.

First, Leitch praised Trump and called his victory "an

exciting message that needs to be delivered in Canada as well." However, Leitch is out of touch with Canadians on Trump, given that only 14 per cent of Canadians feel

lashed out at Kent, saying on Twitter that "many elites succumb to pressure of left-wing organizations & media."

Third, Leitch said in the wake of Trump's victory that

screen newcomers for "anti-Canadian values" is targeted mainly at Muslims. Sadly, such talk gives encouragement to people who are fed up with immigrants, refugees and minorities. It also can contribute to nasty incidents, such as the posting of signs this week in an East York, Toronto, park urging "white people" to join alt-right groups that promote white identity and supremacy.

Fifth, police were called to her Creemore-area house last weekend to probe an alleged break-in after a security alarm went off in her garage. Kouvalis hinted the incident was politically inspired, telling the National Post that Leitch "is not going to wilt at threats. This is how the left operates and we know that." The OPP said it found that "no break-and-enter occurred," although the alarm did go off.

The Conservative leadership vote isn't until May 27, 2017. There's still lots of time for the estimated 100,000 party members who will cast ballots to assess each candidate.

But if the election of Trump, with his blatant appeals to racism, bigotry and xenophobia has taught Canadians anything it is that you cannot get lazy and think Trump-like politicians who feed off division — not unity — won't gain any significant traction in this country.

Indeed, the opposite could be true. That's why people of all parties, including Conservatives, must be vigilant to what politicians are saying and to forcefully denounce the hate that their words and actions could easily unleash.

Bob Hepburn is a national columnist for the Toronto Star



**WHAT'S HER DEAL?** Conservative leadership candidate Kellie Leitch speaks during the Conservative leadership debate in Saskatoon on Nov. 9. THE CANADIAN PRESS

as she does about his win, according to an Abacus Data poll released this week.

Second, her controversial call for increased screening of immigrants, refugees and even visitors for "anti-Canadian values" is now costing her support within the party. On Tuesday, former deputy Newfoundland premier Steve Kent, her highest-profile supporter in the province, pulled his endorsement, saying "her campaign's divisive policy positions" are "inconsistent with my beliefs and the welcoming spirit of the people of Newfoundland and Labrador in general." Retired senator Hugh Segal and Graham Fox, chief of staff to former leader Joe Clark, have also backtracked on their support for her.

Nick Kouvalis, her take-no-prisoners campaign manager,

"the elites are out of touch." But without a hint of shame she held a two-hour fundraiser on Monday with some of Canada's top elites on the 68th floor of First Canadian Place in Toronto. Tickets sold for \$500 each. The event was organized by Heather Zordel, a partner in the law firm Gardiner Roberts LLP and by Stanley Hartt, a prominent lawyer at Norton Rose Fulbright and former chief of staff to Prime Minister Brian Mulroney.

Who is the elitist here? Could it be Leitch herself?

Fourth, she is dodging questions about whether she fears racists will be backing her campaign. "I am not a racist," she said this week, adding only that she has "a wide range of individuals" who back her.

In reality, Leitch's plan to

## VICKY MOCHAMA

### When the right wing BLASTS COOL R&B, we owe it to them to listen

The most compelling event in politics right now isn't happening inside Trump Tower. It's Conservative Party's leadership race.

Of course, the prime minister is still doing cool, young stuff like a fall reading-week trip to Cuba and begging for foreign-investment dollars. But, more rivetingly, the Opposition is figuring out who among a wide field of relative unknowns should lead them.

There are 12 candidates, i.e., enough players for a Canadian football team. The field is a who's-who of people one might remember and people who have Wikipedia pages. There are so many contenders that I came up with a mnemonic: BLASTS COOL R&B (Bernier, Lindsay, Alexander, Saxton, Trost, Scheer, Chong, Obhrai, O'Toole, Leitch, Raitt & Blaney).

Just because it's not about famous names that doesn't mean it should be underrated. This is the first chance to truly hear vision and ideas from Conservatives who were swept under by the decade-plus of Harper's leadership.

At last week's debate in Saskatoon, each candidate's 40-second speaking limit meant that they could only say a sentence or two on topics like immigration and free trade, so it often sounded more like a fast-paced brainstorming session than an argument. But there is genuine disagreement. At a Sunday event in Greely, Ont., Michael Chong was booed for suggesting that climate change is real, while Brad Trost was applauded after

saying, "I don't believe climate change is a real threat."

Still, were it not for one element, the race would seem like a student-government election at a fancy prep school: well funded and appropriately aggressive, with all in agreement that the current headmaster is not for them. But the spectre of global populism hangs over the race.

The clear populist candidate is Kellie Leitch, a trained orthopaedic surgeon who rails against "elites." Her campaign blamed a possible break-in at her house on "the left." Most notoriously, she has proposed a Canadian-values test for immigrants and vowed to bring Donald Trump-style politics to Canada. Leitch lacks Trump's presentational verve, but she may have her finger on the pulse. Some Liberals, fearing the worst, are registering with the Conservative party to vote for anyone but her.

In 2004, following the Canadian Alliance's merger with the Progressive Conservatives, the new Conservative party had only three contenders for leader: future Instagram star Tony Clement, noted floor-crosser Belinda Stronach and Master of the Dark Arts himself, Stephen Harper.

Before you tweet me, I mean to compliment Steve for having united Canada's heterogeneous right-of-centre movement and convinced it to speak with a single voice (his). But the other voices didn't disappear. And now, out of Harper's shadow, 12 visions are coming from a party that used to provide only one.

**If the U.S. election taught Canadians anything it is that you cannot get lazy and think Trump-like politicians won't gain traction in this country.**

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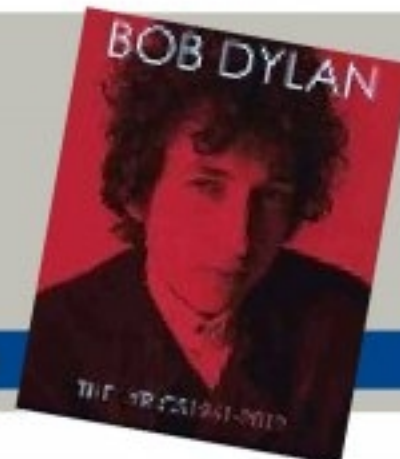
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# Lingerie that's not about sex

INTERVIEW

## Reframing the conversation from a French point of view

**Amber Shortt**  
For Metro Canada



When Toronto's Kathryn Kemp-Griffin went to buy her first bra, the message from lingerie ads was clear: wear this, get laid.

"I remember growing up thinking it was all about purpose," says the author, who now also runs lingerie-themed tours of Paris. "What do I put on if I don't want to get laid? I don't really know what that means at 13."

She found in North America the conversation circled further around function: lift this, slim that, two-for-one deals, back fat. Comfort was an excuse for a lack of aesthetics, she says.

But after moving to Paris with her husband in 1990 — in a frayed pair of Jockeys — she started to believe lingerie could be something more.

"There's a difference in language when the French were talking about lingerie versus when North Americans were talking about lingerie," says Kemp-Griffin, who was in Toronto recently to promote her new book, *Paris Undressed: The Secrets of French Lingerie*.



Friends Lena Dunham and Jemima Kirke appeared in an untouched-up ad campaign for Lonely. In *Paris Undressed*, author Kathryn Kemp-Griffin says lingerie should be about activating the senses, not fixing perceived flaws. ZARA MIRKIN & HARRY WERE / COURTESY OF LONELY

In the book, Kemp-Griffin essentially offers a mindfulness guide to wearing lingerie the French way. She tells readers how to take a Marie Kondo-like approach to their underwear drawer (though Step 1 is to call it lingerie, not underwear). Toss wince-inducing pieces, she instructs. Then, buy a flower in your favourite colour, and a bra to match. "Notice that there are no flowers in beige!" she writes.

Throughout the book, she explains the history of lingerie — highlighting the lost one-on-one conversations with seamstresses to mass marketing and standardized sizing — and asks readers to more closely consider fabrics, such as the feel of silk and the detailed construction of lace.

The idea is lingerie should be about activating the senses, not fixing perceived flaws, she says.

"When you watch all the designers ... they're always slipping their hands underneath. That's where you see the opacity, that's where you see the light, that's where you see the transparency, that's where you see how the fabric plays with the skin, and you see the skin as the composition," says Kemp-Griffin. "By the time the product gets made and marketing gets slammed on, all the different slogans,

### GARTER BELTS

#### Ideal fit for wintertime

Kathryn Kemp-Griffin may be able to convince the North American woman to get rid of beige T-shirt bras, but can she convince her to try a garter belt?

"I think I can get her to try them on," she says, noting cold Canadian winters may be the ideal climate.

Kemp-Griffin, who recommends donning the more secure six-strap, rather than the pin-up-y four, says they can be handy under a pair of jeans when you're also bundled in a parka.

"It's nice not to have all those different layers above," she says.

AMBER SHORTT/FOR METRO

all the rest, they've lost the dream, the textures."

And Kemp-Griffin knows about the importance of the dream. She moved to Paris at the flip of a coin (the alternative was San Francisco) and says there's something about being in a new place, and seeing the juxtaposition to home, that can help one find a new perspective.

But no matter where we are, it's hard to leave long-built

anxieties behind, she says.

"We can not get away from our own individual upbringing, our religion, what mom said, what our sister said, what a good boyfriend said, what a rotten boyfriend said," she says. "It all gets wrapped into this poor little bra."

She sees it in the women who come on her lingerie tours: At Le Bon Marche department store, when the women are trying on lingerie, she says she often has to tell them to turn around and face the mirror instead of facing her, waiting for her opinion.

"Sexy, seduction, sexuality, sensuality: there's all these words we sort of know the dictionary definition of, but nobody ever asked what they mean to us."

And though those words come up plenty in the book, with bonus erotica recommendations and instructions for making your own tassels, one thing is noticeably absent: a sexual partner.

"I wrote (the book) for women, I wrote it for any women who have had any inkling that there's more to it than that," says Kemp-Griffin.

And in a year that saw women embracing a bra-free movement, plus-size model Ashley Graham walking the runway in her own lingerie collection, and Lena Dunham being featured in an untouched-up Lonely Label ad campaign, it seems women in North America are ready to reframe the conversation around lingerie as well.



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# Fed up with sharp brows, contouring



Sali Hughes is the author of *Pretty Iconic*, a book about beauty products that changed lives. BERNARD WEIL/TORSTAR NEWS SERVICE

## INTERVIEW

### Products that have changed beauty game

Sali Hughes knows there is more to beauty than a million Instagrammers trying to look like Kim Kardashian.

As the Guardian newspaper's beauty columnist and author of the website [salihughesbeauty.com](http://salihughesbeauty.com), Hughes, 41, is known for her discerning taste, down-to-earth approach to beauty and for her unfiltered straight-talk.

Here, the U.K.-based author chats about her new book, *Pretty Iconic*, (\$34.99, Fourth Estate).

#### How did you decide what went in the book?

A product either had to have changed the beauty industry, or changed women's lives. Or changed my life, personally.

#### What makes a product iconic?

If you look at something like Chanel No 5, even people who have no interest in beauty still know that that

is Chanel No. 5. Other things are iconic because they absolutely changed the course of beauty.

#### Some people see beauty products as frivolous. Why does a book like this matter?

Beauty products are the tools that help us project what we want to the world. That's a really intimate and powerful thing.

#### What's an overrated trend you're seeing right now?

I could live without seeing more contouring. I feel a little bit sad that young women feel they have to change the shape of their heads. It's too much. I would like people to embrace their differences instead of all trying to look like Kim Kardashian. That's like saying only one kind of flower is beautiful. All of Instagram can't be that sharp brow and contouring. It's boring. Also, it looks like s-t close up.

#### Say there's a young woman looking to invest in makeup products, where would you

#### recommend she start?

If you are on a budget ... spend on foundation and perfume.

#### When did you figure out what products worked for you?

I was born with a skin condition called Ichthyosis and it makes your skin dry and scaly. I was really bullied at school. I became obsessed with figuring out ways I could make it better. The dermatologist would prescribe this really thick medicinal cream. I would mix salt in with creams and make scrubs. The dermatologists discharged me at 11 years old because they couldn't believe the improvement.

#### Did that skin condition influence where you are today?

It changed my life. My mum left when I was a baby so ... I was in a completely male household. Probably I would have always craved the feminine stuff — I would have always loved makeup — but I think the Ichthyosis made my obsession a 360 degree one.

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## GOSSIP IN BRIEF

**Carrie Fisher says she had an affair with Star Wars co-star Harrison Ford**

Carrie Fisher has revealed that Princess Leia's romance with Han Solo in Star Wars extended off-screen, as well.

Fisher tells People magazine that she enjoyed an "intense" affair with co-star Harrison Ford during the filming of the 1977 blockbuster.

Fisher was 19 and Ford was 33 and married at the time of what she says was a three-month affair. The actress tells People, "It was

Han and Leia during the week, and Carrie and Harrison during the weekend." She says the romance ended when shooting on the film did.

Fisher writes about the fling in her new book "The Princess Diarist," which recounts her experiences on the "Star Wars" set. She says that she gave Ford a heads-up about the book and he received a draft.

A representative for Ford didn't immediately respond to a request for comment.

THE ASSOCIATED PRESS

## GRAPHIC NOVEL

**Documenting an icon of Can-comics****Seth's Dominion**

**By:** Luc Chamberland (director of documentary); Seth (creator of comics)

**Publisher:** Drawn and Quarterly  
\$22.95; 41 minutes and 80 pages

**Mike Donachie**  
Metro | Canada



This one is cheating, because it's not really a comic book, except that it is.

Seth's Dominion is the documentary portrait of Seth, Canada's sartorial savant of comic books and so much more. Like him, it is fabulous.

Chamberland and the National Film Board of Canada created a charming biography of the Guelph, Ont. artist in 2014. It's full of interviews, animation, extras, insights into his technique, mindset and unrelenting creativity, and painful honesty about his experiences.

But this is Seth, the man who couldn't just set a comic book

in the fictional city of Dominion; he had to make dozens of model buildings, too. So this new DVD release comes in a beautiful hardback book that's reversible.

One side features sketches and extracts from Seth's wonderful comic books, including Wimbledon Green, and It's A Good Life, If You Don't Weaken. Flip the book over and there's a photo essay of Seth's life.

And in a little pocket is the DVD. It's just delightful.

**Refugee tragedy told through child's eyes**

## HISTORICAL NOVEL

**Story of 1939 St. Louis liner compares to today's crises**

**Sue Carter**  
For Metro Canada



Armando Lucas Correa was only about 10 years old when his grandmother told him about the St. Louis, a transatlantic luxury liner that, in May 1939, carried 937 passengers, mostly Jewish refugees, to safety in Havana.

Correa's grandmother — the child of Spanish immigrants — was pregnant with his mother at the time, when the Cuban government, which had guaranteed a safe home to the travellers, broke its promise and only allowed 28 refugees to remain on the island.

The ship captain tried to find a new port to land, but both Canada and the U.S. turned the group away, and hundreds were ultimately forced to return to Germany to their ultimate deaths.

"I think it hit her very hard when the Cuban government denied them entrance," says Correa, who is the New York-based editor of People en Español.

The story served as inspiration for Correa's debut historical novel, *The German Girl*, about a family separated by the event and its lingering impact on future generations.

"When I was writing the book I was thinking about myself, the father of three children," he says. "If I was in the same situation, I wouldn't know what to do or how to survive."



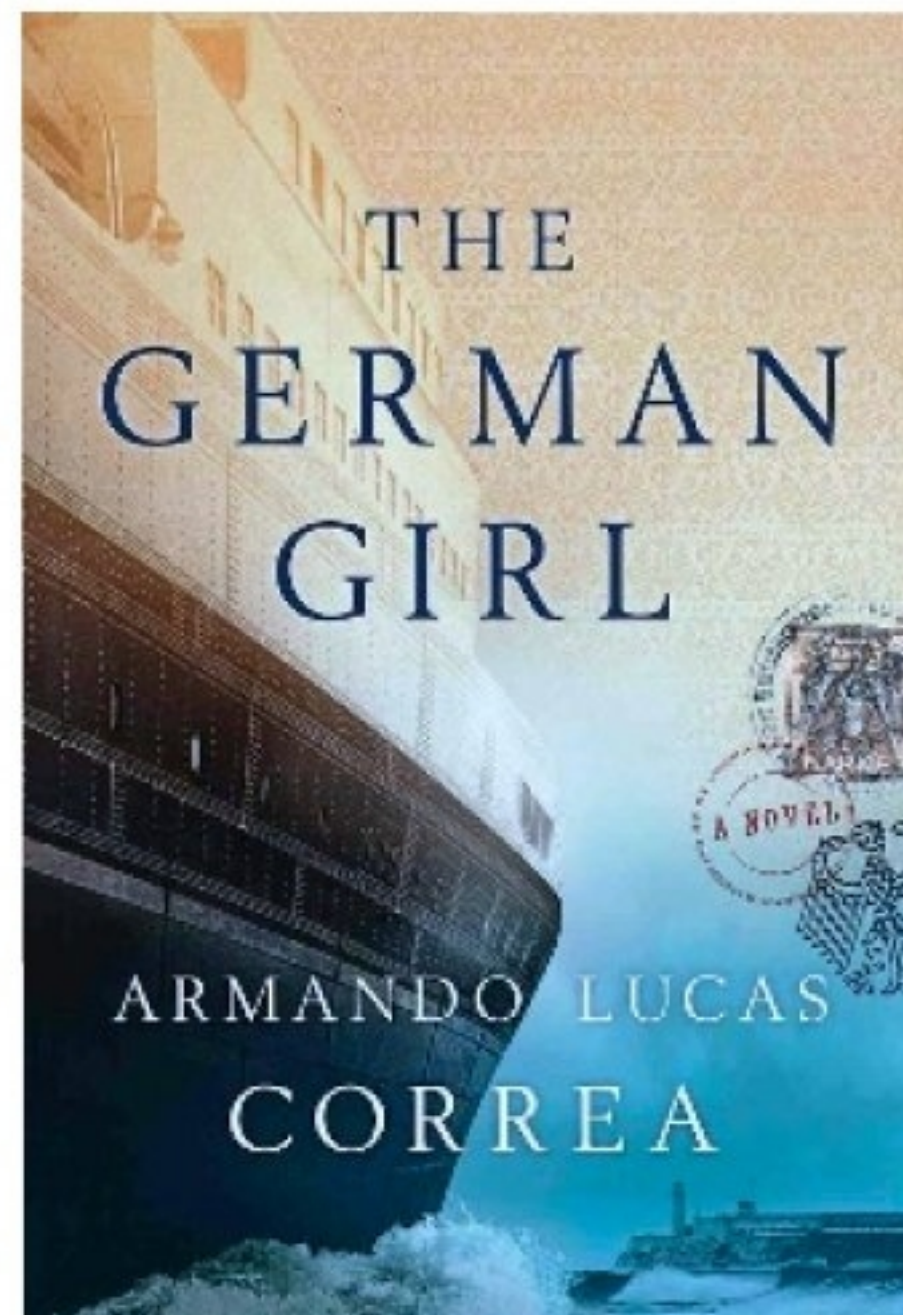
**"Humans — as part of our DNA — we reject and we're afraid of 'the other.'"**  
Author Armando Lucas Correa

The *German Girl* is told from the perspective of Hannah Rosenthal, an energetic 11-year-old who flees her home in Berlin, accompanied by her parents. It's six months after Kristallnacht, or the "night of falling glass," when violent riots instigated by the Nazis broke out in the city, and many Jewish businesses and synagogues were burned down.

The story spans 70 years to when Hannah meets her great-niece, Anna Rosen, whose father disappeared on 9/11.

Hannah's voice came to Correa via his daughter Emma, who is the same age. He hopes the authenticity will connect with readers. "This is a tragedy; 937 refugees were denied entrance," he says. "But I wanted to talk about Hannah Rosenthal. I wanted to get in her head. She is a human being; I didn't want to talk about the numbers."

Correa also observed that the story has a disturbing similarity to reactions and responses



to current refugee crises, such as the millions of displaced Syrians seeking asylum around the world. "The tragedy of the St. Louis, you can see it today," he says. "The reason is that humans — as part of our DNA — we reject and we're afraid of 'the other.' People with another skin colour, people who have another god, or have other beliefs. We have to fight against that."

Correa included the ship's manifesto at the back of *The*

*German Girl*, documenting the 937 passenger names. Ana Maria Gordon, a Toronto-based 81-year-old survivor of the St. Louis, who shared her personal memories and thoughts with Correa. "Ana Maria is a strong woman," he says. "She said, 'We can forgive but never forget.' This is the main lesson."

Sue Carter is the editor at Quill & Quire magazine.

**THE TOP 6@6**  
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- 5 Niall Horan  
**This Town**
- 4 Twenty One Pilots  
**Heathens**
- 3 Hailee Steinfeld ft. Zedd  
**Starving**
- 2 Ariana Grande ft. Nicki Minaj  
**Side To Side**
- 1 Hedley  
**Can't Slow Down**



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## CONTROVERSY

**Atwood, Boyden face backlash over letter**

A rift in Canada's literary community is forming after dozens of prominent authors signed an open letter that called for an independent investigation into the University of British Columbia's decision to fire Steven Galloway.

An online backlash has erupted over the letter, with both those who filed complaints against Galloway and outside observers expressing concerns that those who signed the letter are rallying around one of their own while silencing those who spoke out against him.

Margaret Atwood is among

several authors who signed the letter and faced a barrage of criticism from young female writers on Twitter.

But Atwood defended her decision and argued the letter was about the secretive UBC process.

Life of Pi author Yann Martel, who signed the letter written by Joseph Boyden, says in an email he would have worded the letter differently, but the goal was to express concern that the process followed by UBC did not appear to be fair to either Galloway or the complainants.

THE CANADIAN PRESS



Joseph Boyden TORSTAR



**JOHANNA SCHNELLER**  
**WHAT I'M WATCHING**

# Shelf life on school drama

**THE SHOW:** *This Is High School*, Season 1, Episode 6  
**THE MOMENT:** The post-election wrap-up

In this doc series, we are now in the last days of senior year at South Kamloops Secondary School. This week, the 50 cameras mounted around the building are focused on Anthony and Jared, two clearly bright, socially awkward best friends, both vying to be valedictorian against a handful of more popular kids.

"I'm a fan of musical theatre and I always like things to finish with a bang," explains Jared, the more ironic one.

"Vigorous jazz hands," says Anthony, the sincerer one. They crack up.

Neither wins (a cool dude does). Anthony's disappointed. "You get all this good feedback, but it feels wasted," he says. He hoped that being valedictorian would make him feel like he played a tangible part in high school life.

"Let's be honest," Jared consoles him. "You won't ever look back on high school life. You'll just take off and keep going."

Ah, Jared, you are wise beyond your years. This series is as earnest as Anthony. It finds individual dramas and creates mini-arcs: Will the aboriginal girl with a complicated home life get the 73 in English she needs to pursue her dream at university? Will casting the shy new boy in *Macbeth* help him come out of his shell?

But the underlying truth is, everything that happens in high school is dramatic to the kids, but only some of it matters. Most of the drama fades like a grad photo in the sun. This series would be richer if it acknowledged that more.

*This Is High School* aired on CBC. Past episodes can be streamed at <http://watch.cbc>.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Jared, a student featured on *This Is High School*, had the right idea according to Johanna Schneller when he said, "You won't ever look back on high school life." CONTRIBUTED



Napflix describes itself as 'a video platform where you can find the most silent and sleepy content selection.' SCREENSHOT/ISTOCK

## Bored yet? Napflix aims to make you sleep faster

STREAMING

**From sheep to curling, film fare to relax your brain**

Love TV? Have trouble sleeping?

Perhaps you should check out Napflix.com, a collection of intentionally soothing/bor-

ing films and videos culled from YouTube.

The free service is the work of two advertising workers from Spain, the home of the siesta.

Napflix describes itself on its site as "a video platform where you can find the most silent and sleepy content selection to relax your brain and easily fall asleep."

The zzz-inducing fare includes chickens on a rotis-

serie at Swiss Chalet, sheep (circa 1954), rain on a window, candles burning and real-time chess.

For Canadian content, although that has been blocked out for Canada. Surprisingly, there are no debates on the future of the Canadian Senate.

Some of the Napflix offerings are clearly parodies, like one on forgotten stamps.

Others are unintentionally pulse stopping, like a BBC documentary on the life of pandas or another BBC effort on Einstein for the masses.

A few are probably thrill inducing to a few folks at Mensa while they'd make the rest of us drop from boredom. They include a documentary on quantum theory and a masterclass lecture on Klingon grammar.

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# Make it personal with a custom gift

Jaclyn Tersigni

The most impressive gifts show how well you know your recipient. Hit it out of the park with these

nine ideas for customized, personalized, tailor-made presents.

## Customized skins and cases by GelaSkins

Smartphones, laptops and iPads are transformed into one-of-a-kind works of art with

GelaSkins' online customization tool. Upload high-resolution photography or artwork and have it applied to a skin (an adhesive-backed vinyl covering), or a hard, protective case (for phones only). Prices vary by product; iPhone skins and cases start at \$21, while laptop cases sell for about \$41. Order by Dec. 12 to guarantee de-

livery by Dec. 24, or by Dec. 20 for expedited shipping within Canada. [gelaskins.com](http://gelaskins.com)

## The Incredible Intergalactic Journey Home customizable children's book, by Lost My Name

Make pint-sized adventurers in your life the heroes of their own story, where they take an amazing journey through outer space and back to their front door. Using NASA's open-source photography of space and the latest mapping technologies, the book is personalized with a real satellite image of the child's house, along with instances of their name and address. \$38.99. Order by Dec. 17 for delivery by Dec. 24. [lostmy.name](http://lostmy.name)

## Remix customized sunglasses by Ray-Ban

Ray-Ban's Remix customization tool offers a jaw-dropping 50,000-plus possible combinations of lenses and frames for 19 different sunglasses styles, including the Aviator, the Wayfarer and the Clubmaster. Bonus: add an engraved message or name on one of the arms for no extra cost. Prices vary

by style; junior styles start at \$100, while the shades in the Icon collection, including Aviators and Wayfarers, are \$200 and up. Order by Dec. 16 for delivery by Dec. 24. [ray-ban.com](http://ray-ban.com)

## The Paloma Picasso Loving Heart Bar Pendant by Tiffany & Co.

If your goal is to spoil, consider this Tiffany & Co. pendant. The 18-karat gold or rose gold bar is studded with a round brilliant diamond and suspended from an 18-inch chain. Add engraving or monogramming of up to three letters for between \$15 and \$40. The necklace will be wrapped in Tiffany's signature, squeal-inducing blue box. \$1,150, plus engraving or monogramming. Order by Dec. 12 for delivery by Dec. 24. [tiffany.ca](http://tiffany.ca)

## Custom vinyl records by Vinylify

Surprise the vinyl enthusiast in your life with a 10-inch record that features a personalized track list (music rights apply) and customized cover art. Or, give them a digital voucher where they can create their piece of vinyl with the songs of their choosing. Approximately CAD\$89, or CAD\$112 for a gift voucher that includes shipping. Record orders should be submitted by Nov. 30 for standard delivery by Dec. 24, or by Dec. 11 for expedited delivery. [vinylify.com](http://vinylify.com) (prices listed in Euros)

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Turn your family (or some-

one else's) into artwork. Select skin tones, hair colour and clothing to identify each clan member, then add the family name and the family's founding year. Between two and 12 figures can be pictured, and prints are available framed and unframed. *Personalized Family Print* by Mary and Shelly Klein for Uncommon Goods. Prices range from \$105 to \$175, depending on the number of figures and whether a frame is selected. Orders should be placed by Dec. 1 to allow time for proofing and delivery by Dec. 24. [uncommongoods.com](http://uncommongoods.com)

- 1 Remix customized sunglasses by Ray-Ban
- 2 Customized skins and cases by GelaSkins
- 3 Personalized Family Print at Uncommon Goods
- 4 The Incredible Intergalactic Journey Home book for kids
- 5 The Paloma Picasso Loving Heart Bar Pendant by Tiffany & Co.
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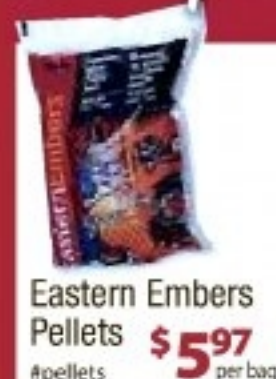




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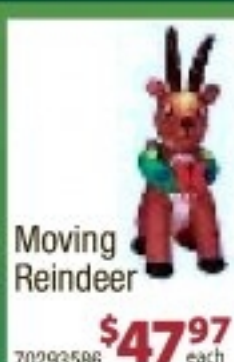
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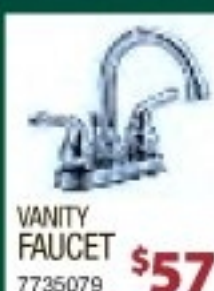
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# The perils of post-secondary plagiarism

As due dates loom and post-secondary priorities pile up around you, cutting corners may seem the only way to keep afloat academically this semester. But whether it's a notion recalled accidentally from a scholarly text or words deliberately lifted from the web, instances of plagiarism can wreak havoc on a student's academic path.

"Plagiarism, in any context, is using words, ideas, concepts, intellectual or the creative work of other people without giving those people recognition," says Fiona Green, chair of the senate academic standards and misconduct committee at the University of Winnipeg. "And it doesn't matter if one forgot to reference them; it is still plagiarism. Intent

is not the issue, the act is."

With consequences from a knocked down grade all the way to expulsion, Green recommends avoiding plagiarism at all costs by taking precautionary steps every time a project is completed.

"Have someone else read the paper and have a discussion about it," advises Green as a start. "Can the student explain the ideas and arguments in the paper at the same level as what is written? If not, they are likely those of someone else and need to be referenced."

She adds that students should always make a sweep of the internet, where many fall prey to inadvertent parroting. "Do a search online for groups of words or sentences from the paper," says Green. "If they show up online, they are not original thoughts and need to be referenced."

Catherine Bolton, vice-provost of teaching and learning at Concordia University reminds that the issue of plagiarism can often rear its ugly head before the project has even begun.

"Many of these slips relate to time management," says Bolton. "Rushing at the end so that the student doesn't take the time to do that all important final read through."



ISTOCK

"Obviously, one good way to avoid these types of problems is to give yourself enough time to complete the assignment," says Bolton, adding that being overtired can also cause students to miss vital details.

In the process of completing the assignment, Bolton further recommends that students change fonts and font colours for direct quotations and for paraphrases, so that they can see each one easily when they are doing their final edits. And when push comes to shove, a good break from a paper might be the key to avoiding the pitfalls of this all-too-common error.

"Put your work aside for an hour or two and then go back to it," says Bolton. "Mistakes can jump out at you when you read it with a fresh mind."

-LIZ BEDDALL

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The college offers pre-employment programs in Level One Flooring Installation (14 weeks) and Carpentry Development (12 weeks).

"We will prepare you for industry and get you ready to work and earn money," said Bev Young, the school's director. "CMC provides practical and responsive training for the construction industry."

With a maximum student to instructor ratio of 15:1, students get a lot of one-on-one attention and spend about 30 per cent of their time in the classroom and 70 per cent putting their skills to use in the workshop or work compound.

"Our belief is you learn by doing," said Young.

CMC is a registered private career college with the Department of Labour and Advanced Learning, meaning the programs are eligible for student loans.

The college also offers programs for people already working in the trades looking to build on their experience. These programs include Scaffold Training, Formwork



CONTRIBUTED

and Drywall Applications.

The college also provides training to meet occupational health and safety regulations needed for job sites, such as fall protection, confined space and WHMIS, as well as specialized and customized programs.

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## After the tree fell, we got to work

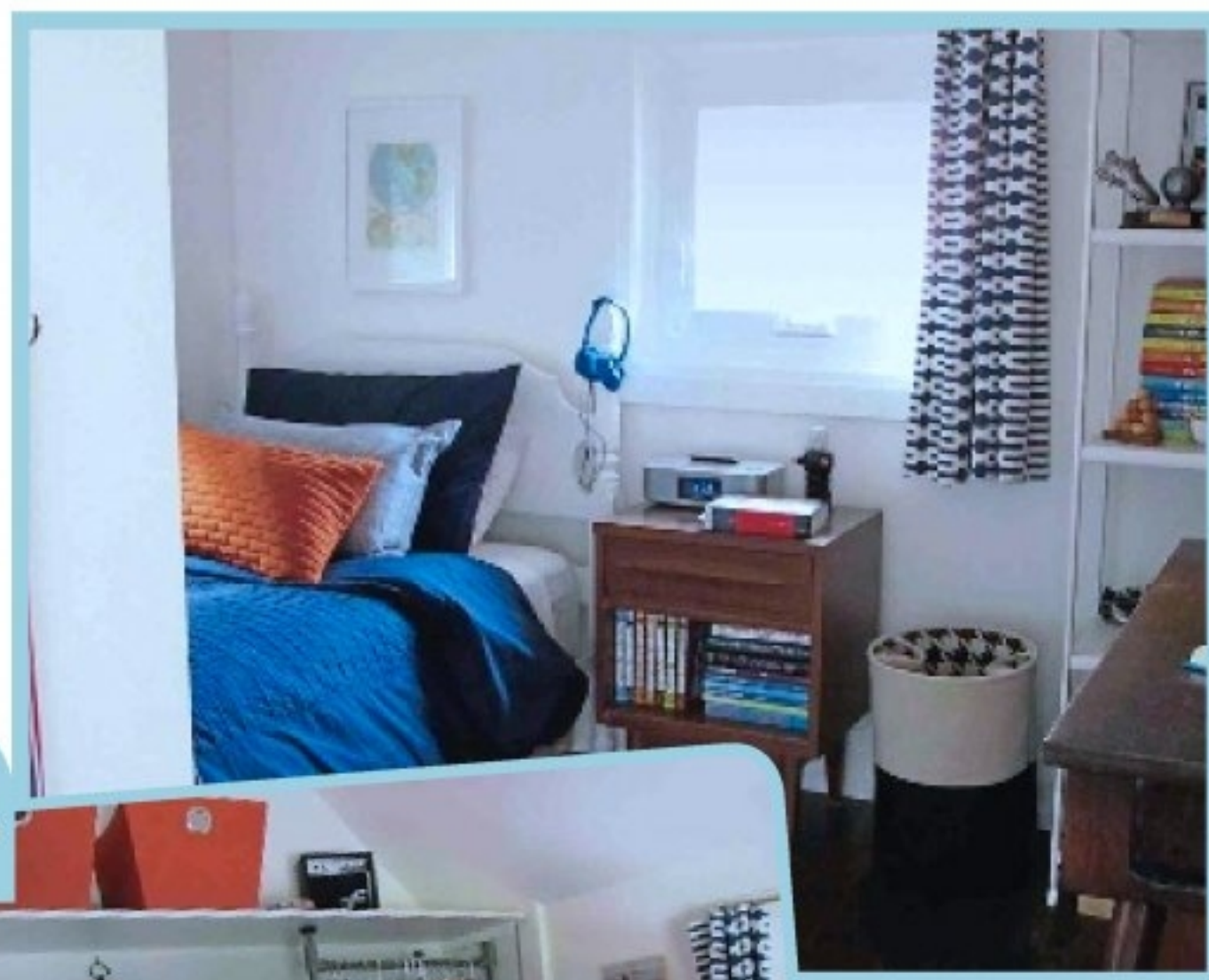
### RENOVATIONS

### Accident created an opportunity to redecorate

**Debra Norton**  
For Torstar News Services

A tree fell on my house! Thankfully, we had just arrived in P.E.I. for our annual holiday a few days earlier, so we weren't inside at the time. My son, Julian, was fast asleep, oblivious to the news that a massive old oak tree had just crashed through his bedroom ceiling and onto the bed on which he was sleeping just a few days earlier back home in Toronto.

I had just sat down at the kitchen table with a fresh cup of coffee, still relishing in that relaxed sleepy haze that you wake up with at a cottage, pondering which beach to visit. Then my cellphone rang. It was my brother, Jim. I don't quite remember his exact words that morning when he called to tell us a tree had fallen on our house, through the roof, crashing through my



THE ROOM AFTER WE RENOVATED



son's bedroom ceiling.

Managing the aftermath of a small disaster like this from 1,700 km away was unnerving. We were very lucky to have family and generous neighbours ready to step in and deal with the details for us, insisting that we stay put and enjoy our vacation. The next two weeks were spent taking the kids to the beach, eating lobster and sending the occasional panicked text

to Jim or our neighbour Ana to make sure the patched roof was still secure after another crazy, heat-induced rainstorm.

We thought that when we returned home the damage could be fixed within a month. But due to a combination of structural damage, bureaucracy and dealing with some unreliable tradespeople, the drama continued for nearly eight months. For five them, Julian, who was then 12, slept on an inflatable mattress next to ours. His room — all 70 square feet of it — had to be completely gutted.

In the grand scheme of home disasters, ours was tame. No one got hurt. We still had a roof over our heads (although with a giant tarp-covered hole in it) and we had insurance. And as much as it wasn't how I imagined spending my summer, the disaster provided me with an opportunity to make over Julian's room — a chance to convert his pace from a little boy's room into a nearly-teen's.

### Transforming Julian's room

We promised Julian that he could pick any colour he wanted for the walls. He chose orange. The key to making a colour so vibrant work in a room so small is to hand your child a thick palette of oranges you can actually live with. He will think that he is in full control, when really you are.



THE ROOM BEFORE THE TREE FELL ON OUR HOUSE

## FIVE TIPS I LEARNED ABOUT MAKING A SMALL BEDROOM FUNCTIONAL

### 1 Paint

If a room is small and doesn't have a great deal of natural light, like Julian's, try to keep the wall colour light — it'll help reflect whatever natural light is available. We used Benjamin Moore Simply White (the 2016 colour of the year) everywhere but one feature wall, which we painted in Orange Parrot. The orange wall actually works quite well. It gives the room a nice pop of colour and when the sun does shine through his west-facing window, a beautiful warm glow fills his room. He just thinks the orange wall is cool and that he may have succeeded in one-upping me.

### 2 Furniture

Choose space-saving furniture. Keep the scale of the furniture on the small side and if you can, avoid filling up the room with furniture. Stick to what is necessary. We got rid of a large vintage dresser and replaced it with a metal bookcase. A couple of baskets sit on the bottom shelf holding socks and underwear and can easily be pulled out. A vintage desk and nightstand found on Craigslist have drawers and storage space to hold belongings but they don't take up a lot of room.

### 3 Organizing knick-knacks

Collections don't have to be hidden away — put them on display. Although Julian's beloved Lego hasn't been used in quite a while, we poured it into a big glass jar and it sits on a shelf looking all colourful with the hope that one day it will look enticing enough that my son will abandon his iPad for it. Award ribbons are displayed on an old cash register tray found at an antique market. We hung medals from hooks.

### 4 Smart storage

If possible, choose furniture that has more than one function such as a bed with drawers underneath. Clothing went into a built-in on an odd-shaped wall opposite his bed. We added an Ikea dresser from the Pax system with shelving above and a rod to hang clothing that isn't foldable. Space under his bed was utilized with a trundle-type box on wheels that holds off-season clothing, books and toys.

### 5 Embrace the space

It is what it is. Small rooms can also be cosy retreats for kids away from their busy, often overscheduled lives. The key is to keep the space free of too much clutter and a space that has, in theory, a place for everything. In reality, a teenager lives there so the spillover from boxes and bins is probably inevitable.

### Remember!

One day they will wake up and realize that this space, whatever its size, is home and they are lucky to have a warm non-inflatable bed and a ceiling where the light is from a fixture and not the sky. They will pick up their dirty smelly socks and soccer gear and put them in the laundry basket and open their door once again. In the meantime, please pour me another glass of wine.



## Matthews' drought all part of big-league learning curve

NHL

### Babcock's faith in No.1 solid as Nylander ends his barren run

One Toronto Maple Leafs rookie quietly put an end to a lengthy goal drought on Tuesday night, but it was not Auston Matthews.

William Nylander, lingering in Matthews' shadow all season-long, scored the Leafs' sixth and final goal in a 6-2 win over the Nashville Predators. It was the first goal for the 20-year-old since Oct. 25, a dry spell of nine games that was actually equal to Matthews, heading into the night, if lacking anywhere near the same attention.

"Of course, it's nice being able to be on the side a little bit," Nylander said with a grin, referring to all the extra attention and pressure Matthews has faced.

Matthews had a team-high five shots in Toronto's sixth win in eight tries at home, but failed to score for the 10th consecutive game. The 19-year-old, who has only two assists during the offensive slowdown, was relatively quiet in almost 18 minutes against the Predators. He did

muster a pair of quality chances against fill-in goaltender Marek Mazanec, including an attempt from the top of the face-off circle in the second period which sailed through traffic and nearly found the back of the net.

His last goal came on Oct. 25 against the Tampa Bay Lightning, Toronto's final goal in a 7-3 loss. He has only two goals in 15 games since his historic four-goal NHL debut, a cooling off period that's not been without chances. Of the two, Nylander had actually been far quieter and yet he was the one to end the goal drought first.

"When you don't score for a longer period of time it maybe gets in your mind a little bit," said Nylander.

Matthews is admittedly facing some of that right now.

Leafs head coach Mike Babcock has professed utmost confidence in the Arizona native though, noting the difficulties of handling centre duties as a first-year. Babcock has employed video of Sidney Crosby and Henrik Zetterberg as a means of helping Matthews along.

"Sometimes the bounces don't go your way in these little droughts and that stuff's going to happen in a long season," Matthews said on Tuesday morning.

## 61%

Matthews went 43 per cent on faceoffs in the first five games, 53 per cent in the following five and 61 per cent in the last five outings before Tuesday night (he went 5 for 13 on the draw against the Predators).

It's worth noting Matthews is already almost halfway to the total number of games he suited up for in Zurich last season (36).

The Leafs, too, are still badly out-chancing the opposition when he's on the ice and puck possession indicators remain strong despite the lack of production. Matthews believes he's grown stronger defensively in recent weeks and he continues to fire plenty of shots, leading Toronto with 63 in 16 games.

Only three players in hockey for that matter — Brent Burns, Vladimir Tarasenko and Jakub Voracek — have fired more shots on goal so far this season.

Babcock said the Leafs needed Matthews to become a "dominant, dominant centre" and expressed confidence that that would happen by Christmas time.

"We think he's a very good player already," Babcock said. "But we think he can be lights out both with and without the puck." THE CANADIAN PRESS



Zach Hyman, front to back, Auston Matthews and William Nylander celebrate a pre-season goal against the Canadiens on Oct. 2. The No. 1 pick Matthews has cooled since his four-goal NHL debut in Ottawa on Oct. 12. FRANK GUNN/THE CANADIAN PRESS

### NHL IN BRIEF

#### Injured Stamkos out indefinitely for Lightning

Tampa Bay Lightning forward Steven Stamkos will be out of the lineup indefinitely due to a right knee injury, the team said Wednesday.

General manager Steve Yzerman said Stamkos suffered a lateral meniscus tear in his right knee in Tuesday night's game against the Detroit Red Wings. Stamkos has 20 points (9-11) in 17 games this season. THE CANADIAN PRESS

#### Flames' Gaudreau to have surgery on fractured finger

Calgary Flames forward Johnny Gaudreau was scheduled to undergo surgery Wednesday to repair a fractured finger.

Gaudreau suffered the injury in Tuesday's 1-0 win over Minnesota. A timeline for his return will be provided in the days ahead.

"It's his finger so it can be four (weeks), it can be six, you don't know," Flames coach Glen Gulutzan said.

THE CANADIAN PRESS

#### New Jersey Devils' Hall undergoes knee surgery

New Jersey Devils left-winger Taylor Hall has had surgery on his left knee.

The Devils announced Wednesday that Hall had a torn meniscus repaired in the procedure performed by team physician Dr. Michael Shindle and Dr. Jonathan Glashow, the club's chief medical officer. He will be sidelined up to a month. THE ASSOCIATED PRESS

**Sometimes the bounces don't go your way in these little droughts and that stuff's going to happen in a long season.** Auston Matthews

MLB

## Red Sox' Porcello wins AL Cy Young

Rick Porcello of the Boston Red Sox has won the AL Cy Young Award by a narrow margin and Max Scherzer of the Washington Nationals has taken the NL prize.

Porcello led the majors with 22 wins, and beat out Detroit's Justin Verlander and Cleveland's Corey Kluber in results announced Wednesday.

Porcello got just eight first-place votes from members of the Baseball Writers' Association of America while

Verlander drew 14. But Porcello drew more support across the board and was listed by all 30 voters — Verlander was left off two ballots.

Scherzer becomes the sixth pitcher to win the Cy Young in both leagues, earning the NL honour by a wide margin. He led the majors with 284 strikeouts and topped the league with 20 wins, and beat out Chicago Cubs teammates Jon Lester and Kyle Hendricks.

THE ASSOCIATED PRESS

### IN BRIEF

#### Jays broadcaster Howarth being treated for cancer

Longtime Toronto Blue Jays broadcaster Jerry Howarth is being treated for prostate cancer and is scheduled to undergo surgery next week to have a tumour removed.

He's supporting a study led by Dr. Robert Nam at Sunnybrook Hospital's Odette Cancer Centre to determine whether MRI scans are more effective at catching cancer than prostate-specific antigen tests. THE CANADIAN PRESS

#### Ex UFC champ Machida banned for doping violation

Former UFC light heavyweight champion Lyoto Machida has received an 18-month suspension for failing a doping test. The U.S. Anti-Doping Agency announced the suspension Wednesday.

USADA says Machida, 38, failed an out-of-competition test in April for a prohibited anabolic agent. Machida acknowledged using the substance but didn't know it was banned.

THE ASSOCIATED PRESS

NFL

## Brady makes fun of 'Deflategate' in ad

With his "Deflategate" suspension behind him, Tom Brady is making fun of the scandal in a new Foot Locker commercial.

The ad begins with two Foot Locker customers questioning how the shoe retailer's annual U.S. Thanksgiving sale could continue to be great year after year.

A frustrated Brady overhears the conversation and tells the men, "Just because something is great year after year doesn't mean anything is going on."

He continues, saying such



Tom Brady  
GETTY IMAGES

questions "turn into assumptions, and then assumptions turn into vacations."

The Patriots quarterback served a four-game suspension earlier this season.

Brady closes the commercial by asking why Foot Locker should be punished "for something that never even happened."

THE ASSOCIATED PRESS



# RECIPE One-Pot Tomato and Basil Chicken Pasta



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

## Directions

1. Generously season chicken breast with kosher salt and pepper. Cut into 1-inch pieces.

2. Add olive oil to a large skillet over medium heat. Place the chicken in the pan and brown on all sides. Lower the heat, add garlic and cook for 1 minute.

3. Add the tomatoes, chicken broth, water and uncooked pasta to the pan. Bring this mixture to a boil, then reduce heat to low. Cover the pan and cook for about 15 minutes. Remove cover and cook for another 5 minutes, or until liquid is reduced by half.

4. Remove your skillet from the heat and gently stir in the Parmesan cheese. Serve individual portions with a sprinkling of fresh basil leaves and a bit more Parmesan cheese.

FOR MORE MEAL IDEAS, VISIT  
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This recipe is called having your cake and eating it, too, since you make a satisfyingly yummy meal and then have barely any cleanup.

## Ready in 30 minutes

Prep time: 5 minutes  
Cook time: 25 minutes  
Serves 4

## Ingredients

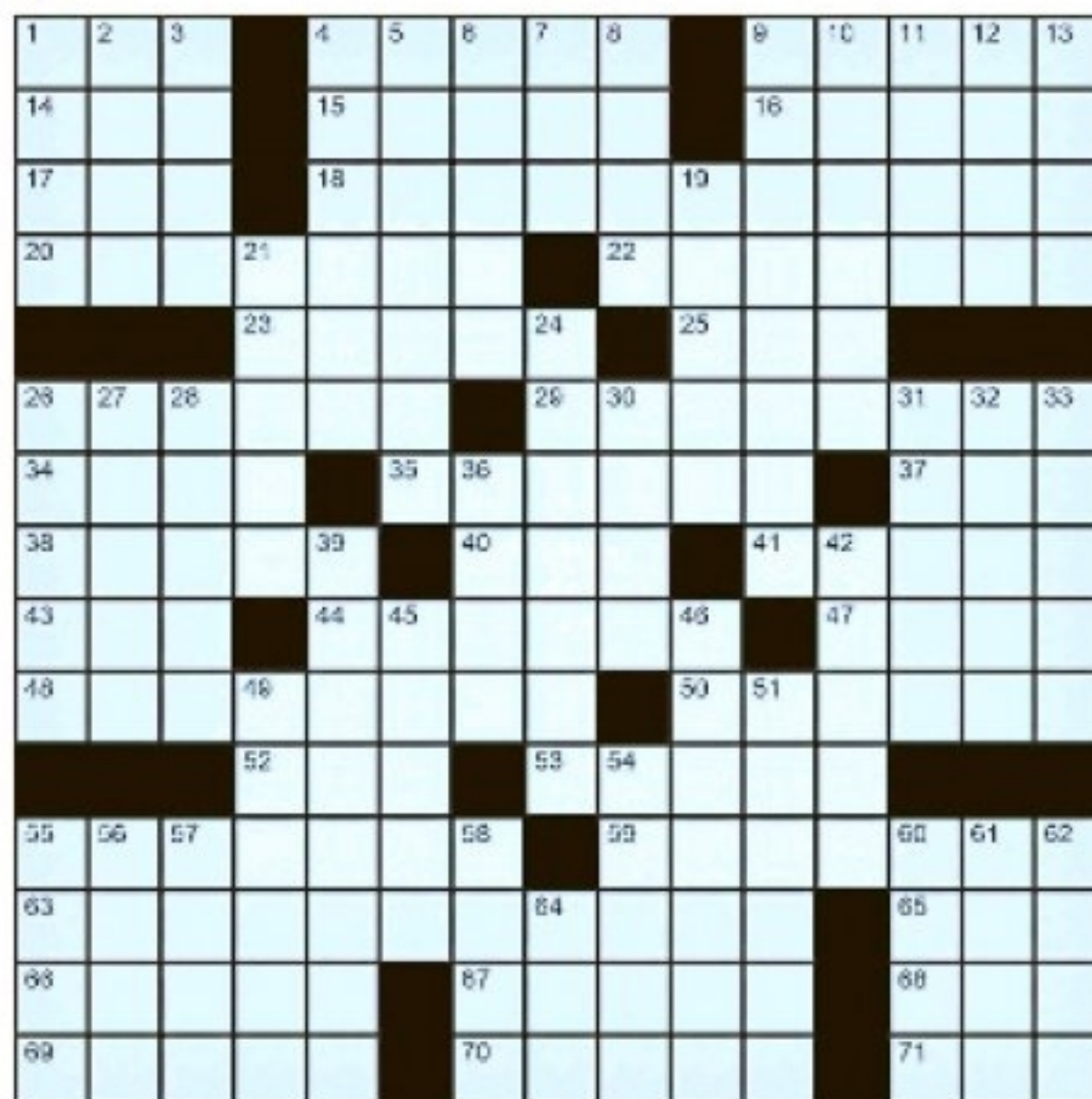
- 1 lb boneless, skinless chicken breast
- Kosher salt and pepper
- 3 Tbsp extra virgin olive oil
- 4 cloves of garlic, minced
- 1x28-ounce can of tomatoes
- 1 1/2 cups low-sodium chicken broth
- 1 cup water
- 2 cups penne pasta
- 1 cup freshly shaved Parmesan cheese, more for garnish
- 1 cup fresh basil leaves

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Firth of Clyde topper
4. Belarus' capital
9. Awesome party
14. Montrealer's 'soul'
15. Flipping \_\_\_ (Pre-game tradition)
16. City in northern France
17. Baseball's Mr. Dykstra
18. New album by Inuk throat singer Tanya Tagaq
20. Collapse, cookie-style
22. Paid for dinner
23. Aware
25. Ms. Landers
26. Sports game outcomes
29. Vexers
34. 'Scotch' add-on (Stuff sprayed on a sofa, perhaps)
35. Uses a need-this-no-more office paper machine
37. Extinct New Zealand bird
38. Caper
40. Grocery store, e.g.
41. English actress Ms. Blunt
43. \_\_\_ degree
44. Walks through the 'In' door
47. Extensions
48. Zaniest
50. From longest ago
52. Grand Opry link
53. South Pacific island group
55. Taxi trip: 2 wds.
59. Pass up



63. 'Ski Capital of Newfoundland and Labrador': 2 wds. (More at #4-Down)
65. Clash
66. Stables sound
67. 'Sea' suffix (Carried by the ocean)
68. Philosophy
69. 'Harry Potter' movie

- ies director David
70. Turn
71. "Never \_\_\_ Never Again" (1983)

## DOWN

1. Gym bag item
2. 'A' of USA [abbr.]
3. 'Desserts' detailer
4. \_\_\_ Mountain (Ski resort located in the west coast of Newfoundland town at #63-Across)

5. Like fast food special orders of Pepsi or Coke
6. Attentive type
7. Lady's gent
8. Hand-make a scarf

9. Canadian ten cent piece schooner
10. Tedious listing of things
11. Dismounted
12. Gin flavouring
13. Mind the flock
19. Kraft, Aero or Tide, etc.
21. Weekday day, in

- Quebec City
24. Objectives
26. Haida Gwaii - British Columbia: Anthony Island village which is a UNESCO World Heritage Site, \_\_\_ Gwaay Llnagaay
27. Bel \_\_\_ (Opera singing style)
28. 'Straight'-meaning prefix
30. Close
31. French writer Mr. Zola
32. Breadbasket breads
33. Speak, archaically
36. Chart-topping songs
39. Dancing/singing/fun parties in Ireland
42. Athlete's prize
45. Dependent
46. Songbook standard: "Make \_\_\_ Happy"
49. Gather grub
51. Binders, jacket, lunch storage spot
54. Love lots
55. "Our House" gr.
56. "I just had \_\_\_" ...said the hot beverage enjoyer
57. "So \_\_\_" (Very well then)
58. Wanes
60. Goo Goo Dolls tune
61. Space mission org.
62. Ms. Rossum of acting
64. Turn to compost

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
For the most part, this is a feel-good day. However, do not make promises to family members that you can't keep. By evening, power struggles might take place. Just be cool.

**Taurus** April 21 - May 21  
It's easy to overestimate things today, so be careful. People are inclined to exaggerate. Avoid conflict with others in the evening — it will be brief, but nasty.

**Gemini** May 22 - June 21  
Your financial judgment might be a bit hazy today. You might spend too much or give away too much, or overestimate something. Be aware of this.

**Cancer** June 22 - July 23  
Today the Moon is in your sign, at odds with Jupiter, which can make you too casual. You might ignore details. You might feel too lazy to do things.

**Leo** July 24 - Aug. 23  
Because you feel sorry for someone who is less fortunate, you might be unrealistic in how you want to help him or her. Remember: True generosity is giving what is needed.

**Virgo** Aug. 24 - Sept. 23  
When talking to a female friend today, resist the urge to promise more than you can deliver. Don't create a situation where someone else feels let down.

**Libra** Sept. 24 - Oct. 23  
Do not volunteer for anything today, because in your eagerness, you might take on more than you can handle. Respect your own limitations. Be kind to yourself.

**Scorpio** Oct. 24 - Nov. 22  
Travel plans look exciting! However, late in the day, make a point of avoiding controversial subjects like politics, religion and racial issues. You'll be glad you did.

**Sagittarius** Nov. 23 - Dec. 21  
This is not an ideal day to decide how to divide an inheritance or figure out how to share something. Your financial judgment is a bit off. Use caution.

**Capricorn** Dec. 22 - Jan. 20  
Enjoy conversations with others today, because you feel laid-back and easygoing. Nevertheless, avoid conflict this evening, because it will be too intense. Oh yeah.

**Aquarius** Jan. 21 - Feb. 19  
Tackle what is realistic at work today. Be careful about overestimating something or taking on more than you can comfortably handle.

**Pisces** Feb. 20 - March 20  
You will enjoy sports events and playful activities with children today. However, by evening, be patient with kids and romantic partners in order to avoid conflicts.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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9	5	2	4	7	1	3	6	8
1	6	7	5	3	8	9	4	2
4	8	3	2	6	9	1	7	5
7	1	6	8	5	4	2	3	9
5	4	8	3	9	2	6	1	7
3	2	9	7	1	6	5	8	4
8	9	4	6	2	3	7	5	1
2	3	5	1	4	7	8	9	6
6	7	1	9	8	5	4	2	3



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